Science	Everyday Materials	Seasonal Changes	Animals including	Plants
			Humans	
Foundation	Exploring media and materials is a key focus	Seasons planned into EYFS long	EYFS investigation areas set up.	Planting and growing activities indoors and outdoors.
Stage	across EYFS as part of continuous provision.	term planning with themed displays, non -fiction books and	Sensory play though out the year	Non-fiction texts explored throughout the year e.g.
	Our mud kitchens allow opportunities for	season related stories.	developed as enhancements	Harvest, seasonal plants, fruits/ vegetables from
	creating mixtures whilst developing being		through continuous provision.	around the world
	imaginative.	Key focus on changes in the	,	
		weather and environment is	Phase 1 phonics focuses on sound	Visits linked to natural environment –local area, school
	Deconstructive play and construction areas	developed in investigation work	discrimination and tuning into	site, farm, coastal town (Filey)
	contain non-fiction fact books on materials for objects in the environments such as buildings,	and exploring media and materials.	sounds.	Gardening equipment available outdoor all year round.
	cars and construction vehicles. Construction is	materials.	Children explore a variety of	Gardening equipment available outdoor all year round.
	available outdoors.	Exploring changes of states as	instruments to explore likes/	Mud kitchen and garden.
		part of UW and giving	dislikes and different types of	The state of the s
	Den building opportunities outdoors.	opportunities to explain changes	sounds.	Taking care of living things. Naming parts of a plant.
		in the environment. For example		Monitors for watering plants.
	Investigation tuff trays and curiosity cube/ objects of wonder link to topics and key themes	<ul> <li>ice in the water tray and snow exploration.</li> </ul>	Exploring media and materials gives opportunities to explore a	Transient art with natural objects indoors and
	throughout the year.	exploration.	range of sensory and malleable	outdoors.
		Mini beasts investigated all year	materials such as play dough, clay,	
	Water and sand play offer opportunities to	round in the outdoor provision.	mud, salt dough, baking and	Observation paintings of flowers/ fruits/ plants.
	investigate different states and textures as well	Children create own bug hotels	gloop.	
	as capacity.	and explore the outdoor wildlife	Life and frances with astensillars	Art activities link to natural world e.g. leaf/ tree
	Our creative area is rich in materials for creating	garden/ planters around school.	Life cycle focuses with caterpillars and butterflies as a focus for	rubbings, vegetable printing
	collages, 3D models and paint. It gives	Growing and planting	Summer 1 which links to our TfW	
	opportunities to assemble, attach, connect, stick	opportunities throughout the	book focuses.	
	and link materials together.	year.		
			A farm visit in Summer 1 to	
	We sort our rubbish and recycle paper/ card.	Children encouraged to prepare	support our book focuses and	
	Our large light screen, sensory area and	themselves for the weather of the season and 'listen' to their	knowledge about different animals.	
	investigation station allow children to explore	body (e.g. temperature changes,	animais.	
	materials under different lights and explore tools	and the second state of the second		

	(e.g. magnifying glasses/ screens, kaleidoscopes, torches).  A black out tent and indoor/ outdoor dens link to investigating light and dark.	layers of clothing, thirst, sun protection/ shade.)	A seaside visit in Summer 2 to support our book focuses and develop knowledge of animals  Small world supports animal categories such as farm, wild, sea, arctic animals during different times of the year.  Patterns within animals explored in art e.g. skin texture, pattern, symmetry, specific features  PE sessions focus on the impact on activity on the body, health and body parts.  Visit from heath care professionals to promote health (e.g. oral health)	
Year 1	To identify that objects of all kinds are made of very different materials - plastic, glass, rubber, wood, stone or rock, paper, and metal.  To explain that the materials from which objects are made have different properties.  To explain that objects are made from different materials because of their properties and that they are suited to doing a specific job.  To understand that water can change to form ice and may be used differently when it is like this.  To work out whether materials are hard or soft, bendy, or stiff, rough, or smooth, shiny, or dull,	To name the 4 seasons and understand which months fall into the different seasons.  To explain how the weather changes over the 4 seasons.  To describe that the day changes in length depending on which season we are in.	To identify and name common animals that are fish, amphibians, reptiles, birds, and mammals e.g., dogs cats, goldfish, dolphins, crocodiles, snakes, frogs, toads, blackbirds, parrots to see that there are similarities between them all but that there are many differences.  To know what a carnivore is and name some examples.  To know what a herbivore is and can name some examples.	To name some common wild and garden flowers and plants e.g., roses, daffodils, daisies, buttercups, bluebells, ivy, cherry blossom.  To name some deciduous trees e.g., oak, ash, birch, weeping willow, and evergreen trees e.g., fir, laurel, holly.  To understand the difference between wild and garden flowering plants.  To name the basic parts of a flower - stem, root, flower and leaf, petal.  To name the basic parts of a tree - root, trunk, branch, twig, leaf, and bark.

see-through or non-see-through, waterproof or absorbent.  To explain why some objects have been made from certain materials.	To know what an omnivore is, and to name some of them.	To observe how some plants change over a long period of time - some trees lose all their leaves, leaves change colour in Autumn and flowers die in the winter, In Spring some plants emerge from the ground
To begin to sort materials into different groups depending on their properties.		Spring some plants emerge from the ground

History	Chronology	Significant	Similarities	Historical	Enquiry
		people and	and	Sources	
		events	differences		
Foundation Stage	All about me – baby photos – life cycles, family trees.  Days of the week and birthdays.  Times and routines of the day.  Old and new ways of farming.  Holidays over the years.  Changes in the local community – past and present – old school photographs, pictures of Garforth 'then and now'.  Show and tell – oracy focus looking at artefacts (e.g. curiosity cube) which link to key themes across the year.	Guy Fawkes -Bonfire night.  Famous astronauts e.g. Buzz Aldrin  Special celebrations (across the year) explored though stories .  Remembrance Dayremembering those that have died in service.	Comparing photographs, linking old artefacts comparing with new objects.  Visual discrimination — talking about differences, compare and contrast activities (e.g. past and modern day holidays).  Small world set ups linked to themes of REC curriculum — e.g. traditional tales.  Hearing and using old-fashioned vocabulary- exploring traditional tales/ nursery rhymes	Photographs e.g. old farming equipment/holiday photos from the past.  Baby photo display.  Old toys to explore.  Film clips/non-fiction books, traditional tales.  Curiosity area set up in provision.  Children's family members to be invited in across the year to talk about the past	Oracy focus. "I wonder" question linked to history.  Investigation themed sets ups (e.g. tuff trays), to promote questioning.  Dinosaurs set up as part of outdoor continuous provision in the small world area.
Year 1	To know the order of different forms of transport.  To describe generally times in	To know who was important in national and international travel and transport	To describe things that are similar between different types of dinosaurs.	To use books, images and stories to find out about the past.	To ask questions about life during the dinosaurs.  To use historical sources to form questions about the past.
	Britain when different transport was required.	achievements.  To suggest some			To ask questions about transport in the past.  To use historical sources to form questions about the past.

To know generally who life of dinosaurs fits in		To compare dinosaurs with living things in modern day.		
	To understand that	To describe things		
	dinosaurs became extinct.	that are similar between different forms of transport in		
		the past and modern day.		
		To compare transport of the past with		
		transport available in modern day.		

Geography	Location and place	Fieldwork	<b>Making Comparisons</b>	Geographical Sources
Foundation Stage	Our local environment and school grounds.  Visitors from the local community.  Walk to the local post box.  Book focus, Polar bear Polar bear—linked to weather and seasons theme in the EYFS long term plan.  Small world and construction building focus.  Cultural themed days to celebrate diversity.	A walk around our local area to understand the location of our school.  Maps made in relation to our journey to school.  Weekend news/ show and tell and circle time.  Outdoor continuous provision all year round.	Looking at the Artic – comparing to where we live.  Looking at hot counties when looking at Handa's surprise and exploring holiday destinations/ experiences.  Seasonal weather changes across the year.  Outdoor environment as continuous provision all year round.  Comparing and contrasting our local town with a city	Maps, my first Atlas, globe, compasses, film clips, binoculars, magnifying glasses, photographs of local area.
Year 1	To name the world's seven continents - Africa, Antarctica, Asia, Australia, Europe, North America, and South America.  To name the four seasons and describe their typical seasonal and daily weather.  To identify the location of hot and cold areas in the world in relation to the Equator and the North and South Poles.  To use basic geographical vocabulary to refer to key physical features of their school.	To observe the school environment and its grounds for human and physical features.  To observe human and physical features in their locality.  To sketch physical and human features of their school.  To sketch physical and human features in their locality.  To add labels to field sketches of their locality.	To describe what is the same and what is different between local areas Spurn Point and Flamborough.  To use words relating to weather to compare the four seasons.	To use a simple map for a route of the school.  To use a simple map to identify the United Kingdom and Australia.  To know and recognise a map.  To recognise the equator, the North Pole and the South Pole on a globe.  To use locational and directional language to describe routes on a map of the school (left, right, past).  To use locational and directional language to describe the location of

To use basic geographical vocabulary to refer to key physical features of their local area.	To use a camera in the field to record what is seen in their school.	features on a map (up, down, near, far). To devise a simple map of school.
	To use a camera in the field to record what is seen in their locality.	
	To use and understand words relating to working in the field: observe, environment, camera, photograph.	

Design Technology	Food and Nutrition	Construction
Foundation Stage	Continuous provision snack area with self-serve snacks and drinks.	Floating and sinking investigation linked Snail and the Whale and other transport books
	Baking/ food preparation planned to link with themes.	Adults continually modelling in art area – e.g. how to attach objects – and
	Healthy eating a focus of learning during Jigsaw/PSHE lessons.	discuss reasoning and thinking.
	Growing and planting vegetables linked to EYFS REC curriculum.	Children given opportunities for making designs and building in the construction area.
	Focus on oral health – continuous display in snack area.	Children are taught to use tools in Summer 2 and manage risks effectively.
	Healthy eating and recipe books on display in the snack area.	
	A range of world foods to try in the snack area throughout the year.	Children are provided with resources outside for den building and constructing materials.
	Food tasting opportunities throughout the year which link to cultures and festivals.	
Year 1	To understand that food comes from plants and animals.	Designing
	To sort fruits and vegetables based on colour, texture and taste.	To talk about the purpose of a wheel. To talk about their own experience of vehicles with wheels. To talk about designs for vehicles to carry a toy.  To make a drawing of a design for a four-wheel vehicle to carry a toy.
	To understand that everyone should eat at least five portions of fruit	Making
	and vegetables every day.	To experiment with construction kits to make an object that moves.  To attach wheels to a chassis using an axle with cotton reels and dowels.
	To understand what a healthy meal is.	To attach wheels to a chassis using an axle with straws and paper wheels/circles.
	To understand that hands and utensils need to be washed before	Evaluating
	cooking.	To suggest reasons why a wheel and axle wobbles based on hole position.  To talk about why their vehicle moves.
	To use a knife to cut fruit and vegetables into smaller pieces. To	To say what is similar about their and another vehicle.
	understand how to hold fruit and vegetables so that they can be cut safely.	Technical Knowledge To recognise the different between fixed and freely moving axles. To understand what a wheel, chassis and axle is.
	To use a spoon to mix.	3.1.3.3.7.3.1.3.3.7.3.1.3.3.7.3.1.3.3.7.3.1.3.3.3.3

Art and Design	Responding to art	Sculpture and Form	Painting and Colour	Drawing line and tone	Printing, Pattern and Textiles
Foundation Stage	To talk about their own creations and say what they are proud of and why.  To begin to explain their choice of materials when constructing masterpieces.  To begin to explain their likes and dislikes around an artist's work.	Clay work  Play dough area  Malleable materials — shaving foam, gloop, sand.  Transient art  Sand play — dry and wet	Self-serve painting area.  A range of paints available.  Colour mixing charts displayed.  Large scale painting outside  Fine and gross motor movement experience across EYFS provision and during focus group sessions to promote the development of early mark making skills through a range of materials both indoors and outdoors such as paint, chalk, charcoal and colour mixing.	Observational drawing links as part of basic skills which is progressive throughout the year.  Progression in mark making tools evident.	Collage area, printing, fabric scraps available, weaving, treading, mixed media.  Tool use is modelled to children throughout provision – different ways of attaching, cutting, joining, stitching etc.
Year 1	Sculpture & Form To say what they like about the natural sculptures created by Andy Goldsworthy. To say what they like about their natural sculptures and suggest one more suitable material.  Printing To say what they like about artwork created by Joan Miro. To use their opinion about the work of Joan Miro to say what they like about their printing	To place items into a certain position to create a natural sculpture.  To indent and shape plasticine to create a print for printmaking.	To recognise primary colours.  To experiment with mixing colours.  To use different brushes to create different thickness of line.  To discover the interplay between wax and watercolour.	To control lines when creating simple drawings from observations.  To control lines when creating simple drawings from imagination.  To draw different types of line (straight, wavy, zigzag).  To use different pressure	To use plasticine to create a block printing.  To explore printing with hard and soft materials.  To use plasticine to make a simple block.  To use prints to create a simple pattern.  To use tearing, cutting and layering

		to create a different tone (pencil and rubbings).	paper to create different effects in collage.
		To recognise that taking rubbings creates a drawing with texture. To use wax, graphite, felt tips, pen and chalk as different drawing materials.	

Religious Education	Looking at Me, Looking at You	Caring fo	or the World	Worsh	nip of Festivals
Foundation Stage	Introduce people who belong to a religious group.  Talk about routines and festivals we celebrate as individuals in our foundation stage.  Enhancements to provision and activities set up linked to key festivals.  Visitors to the setting	Special Places  Themed displays and enhancements to continuous provision  Visits to places of worship  Themed days  Parental involvement e.g. themed stay and plays  Non-fiction books linking to faiths and beliefs  Simple stories linking to key cultural focus. Some link to TfW book focus.  Explore artefacts from different cultures e.g. clothing, instruments, music.		Visitors  Themed displays and enhancements to continuous provision  Parental involvement themed stay and plays  Non-fiction books linking to faiths and beliefs  Explore artefacts from different cultures.  Introduce stories about creation and some beliefs about the natural world, e.g. the duty to care for the environment.	
EYFS Festivals	Harvest Festival	Diwali Christmas	Chinese New Year Easter	Eid	Ramadan
Year 1	Christianity and Judaism Explore creation stories from Holy books. Consider the ways in which the world is a special place and how faiths say it should be cared for. Explore and discuss sacred stories.	Christian and Jewish Creation Stories Explore creation stories from Holy books. Consider the ways in which the world is a special place and how faiths say it should be cared for. Explore and discuss sacred stories.		Pla To find out about different To find out about how diffe	ianity and Judaism aces of worship religious festivals and rituals. erent people worship. nip and how the building is used.

ICT		Teach Computing						
Foundation Stage	Children are introduced to online safety.  PANTS rule.  Teacher models use and features of an interactive whiteboard	Children access the Notebook section on the interactive whiteboard to draw own pictures and manipulate shapes.	Children are introduced to Bee Bots as an introduction for programming instructions in Year 1.  Bee Bots added as enhancements to provision regularly.	Children describe and talk about familiar routes.  In maths children extend and create ABAB patterns.  Children select, rotate and manipulate shapes to develop spatial reasoning within provision.  Children tidy up, sorting and grouping similar objects.	Children have access to keyboards in continuous provision to become familiar with keys and their location.  They access keyboards and can practise typing on iPads  Children record stories on the iPads/ microphones/ talking squares as part of talk for writing.  Children are given opportunities to take photographs on the iPad as part of adult focused activities.	Children practise saying and following instructions in Talk for Writing and during free flow provision.		
Year 1	Technology Around Us (Information Technology, Digital Literacy)	<b>Digital Painting</b> (Information Technology)	Moving a Robot (Computer Science, Digital Literacy)	<b>Grouping Data</b> (Information Technology, Digital Literacy)	<b>Digital Writing</b> (Information Technology, Digital Literacy)	Programming Animations (Computer Science, Digital Literacy)		

liceau /CN/CC	Daina Ma in	Calabratina	Ducama and	Haalthu Ma	Dolotionshins	Changing me
Jigsaw /SMSC	Being Me in	Celebrating	Dreams and	Healthy Me	Relationships	Changing me
	My World	Difference	Goals			
Reception	Help others to feel	Accept that we are	Stay motivated when	Make healthy	Know how to make friends.	Understand that everyone is
neception	welcome. Making	all different.	doing something	choices. Eat a	iniow now to make menus.	unique and special.
	our school a safer		challenging.	balance diet.	Try to solve friendship	4.55
	place.	Include others			problems when they occur.	Can express how they feel
		when working and	Keep trying even when	Be physically active.		when they are happy.
	Thinking about our	playing.	things are tricky.		Help others feel part of a	
	right to learn.			Try to keep	group.	Understand and respect
	0 1 1	Know how to help	Work well with a	themselves and		changes which happen in
	Caring for others.	other people.	partner or a group.	others safe.	Show respect when dealing with other people.	them.
	Working well with	Try to solve	Have a positive	Know how to be a		Understand changes which
	others.	problems.	attitude.	good friend and have a healthy	Know how to help themselves and others when they feel	happen in them.
	Exploring own responsibility.	Use kind words.	Help others to achieve their goals	relationship.	upset.	Look forward to change.
		Give and receive		Keep calm and deal	Know and show what makes a	Linked to lifecycles, past and
	All about me, talk	compliments	Visitors in school to	with tricky	good friendship.	present photos since starting
	partners, simple		inspire own future	situations.		school.
	family trees,	Handa's surprise	dreams.		Friendship nurture groups for	
	celebrating cultures	Different cultures outlined in	Over a chelle strete sie e	Weekly PE sessions.	those who need extra support.	Looking at similarities and
	and beliefs, home visits, stay and play	curriculum model.	Oracy talk strategies. PSED circle times.	PSED healthy eating inputs, continuous	THRIVE strategies/	differences in our peers.
	sessions, parental	Visits to places of	1 JLD CITCLE CITIES.	snack area, food	interventions in place.	Enhancements throughout the
	involvement, British	worship.		technology activities	mer ventions in place.	year in provision.
	Values.			in EYFS, oral health		, , , , , , ,
				inputs, embedded		Enhanced transition support
	Establish safe			routines for		for vulnerable children.
	routines in the unit.			handwashing and		
				toilet routines.		
	Sensory circuits to			Review PANTS and		
	support settling in.			safeguarding.		

Year 1	Feeling special and safe.	Similarities and differences.	Setting goals	Keeping myself healthy.	Family members and different types of families.	Life cycles Growing from young to old and identifying changes
			Identifying successes and achievements.			Differences in female and male
	Being part of a class Rights and	Understanding bullying and		Healthier lifestyle choices.	Keeping safe and understanding appropriate	bodies (correct terminology).
	responsibilities Rewards and feeling	knowing how to deal with it.	Learning styles	Keeping clean Being	greetings.	Coping with change
	proud. Consequences	Making new	Working well and celebrating	safe Medicine safety/safety with	Understanding how to be a good friend and how to solve	Transition
	Owning the Learning	friends.	achievement with a	household items.	conflict.	
	Charter	Celebrating the	partner.	Road safety	Trust and knowing who can	
		differences in everyone.	Tackling new challenges.	Linking health and	help at school.	
			Identifying and	happiness	Appreciating and celebrating special people.	
			overcoming obstacles.			
			Feelings of success			

Music	Charanga							
Foundation Stage	Nursery rhymes and action songs sung daily.  Musical instruments in continuous provision.  Stage performance area outside.  Listen to favourite artists/ songs via You Tube/ iTunes.  Clapping patterns.	Nursery rhymes and action songs.  Musical instruments in continuous provision.  Listening to different styles of music during changing time for PE.  Learn and practise a Makaton song for Christmas show.	Nursery rhymes and action songs from around the world.  Listen to a range of artists/ songs via You Tube/ iTunes.	Nursery rhymes and action songs sung daily.  Musical instruments in continuous provision.  Learn and perform the Easter Bonnet songs/ signs/ actions.  Listen to different artists/ songs via You Tube/ iTunes.  Circle games and circle songs.	Nursery rhymes and action songs.  Musical instruments in continuous provision.  Listen to favourite artists/ songs via You Tube/ iTunes.  Clap and keep the rhythm.  Outdoor stage and performance area to dance to pop music.	Nursery rhymes and action songs.  Musical instruments in continuous provision.  Listen to favourite artists/ songs via You Tube/ iTunes.  Join KS1 for singing practise.  Performance area to explore different types of music, beats and dances to go alongside.		
Year 1	Hey You (Hip Hop) Children to compose their own hip hop rap.	Rhythm in the way we walk (Reggae, Hip Hop)  Action songs that link to the foundations of music.	In the Groove (Blues, Latin, Folk and Funk)  Styles of music that link to history, geography, countries and culture.	Round and Round (Latin Bosa Nova, Film Music, Big Band Jazz) Music from countries around the world.	Your imagination (Pop)  A Whole New World from Aladdin.  Daydream Believer – The Monkees.	Reflect, rewind and replay (Western Classical Music)  The history of music and consolidating the foundations of the language of music.		

PE	Complete PE					
Foundation Stage	Locomotion: Walking and Jumping  Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game  Explore/develop jumping Apply jumping into a game Jumping for distance Explore hopping  Ball Skills Hands 1  Explore pushing Explore bouncing Combine pushing and rolling Combine rolling, pushing and bouncing	<ul> <li>Gymnastics: High, Low, Over, Under</li> <li>Introduction to high, low, over and under</li> <li>Introduction to the apparatus</li> <li>Applying high and low on apparatus</li> <li>Responding in movement to words and music</li> <li>Exploring contrasting tempos</li> <li>Exploring character movements</li> </ul>	Ball Skills Feet  Explore moving with a ball using our feet  Develop moving with a ball using our feet  Understand dribbling  Develop dribbling against an opponent	Games for Understanding  Taking turns/keeping the score  Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring  Sports Day Practice  Practise running, taking turns, carrying objects whilst moving Sportsmanship and celebrating others Tackling obstacles of different heights and levels.		

In all units children develop physical, social, emotional and thinking whole child objectives.

Year 1	Locomotion:	Ball Skills: Hands 1	Ball Skills: Feet	Ball Skills Hands 2	Locomotion: Jumping	Health and Wellbeing
	Running  Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a game  Gymnastics: Wide, Narrow, Curled  Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled Transitioning between wide, narrow and curled movements	<ul> <li>Introduce sending (bouncing) with control</li> <li>Introduce aiming with accuracy</li> <li>Introduce power and speed when sending a ball</li> <li>Introduce/develop stopping, combining sending skills</li> <li>Combine sending and receiving skills</li> <li>Gymnastics: Body Parts</li> <li>Introduction to big/ small body parts</li> <li>Combining big and small with wide, narrow and curled</li> <li>Transition between wide narrow and curled using big and small body parts</li> <li>Adding (linking) movements together</li> </ul>	<ul> <li>Develop moving the ball using the feet</li> <li>Apply dribbling into games</li> <li>Consolidate dribbling</li> <li>Explore kicking (passing)</li> <li>Apply kicking (passing) to score a point</li> <li>Dance: Growing</li> <li>Responding to rhythm</li> <li>Developing the growing plant 'dance'</li> <li>Introduction to motifs</li> <li>Creating motifs</li> <li>Creating movement sequences</li> <li>Relationships and performance</li> </ul>	<ul> <li>Introduce throwing with accuracy</li> <li>Apply throwing with accuracy in a team</li> <li>Introduce stopping a ball</li> <li>Develop sending (rolling) skills to score a point</li> <li>Consolidate sending and stopping to win a game</li> <li>Dance: The Zoo</li> <li>Exploring expression</li> <li>Developing our movements, adding movements together</li> <li>Responding to a rhythm: Introducing partner work</li> <li>Creating an animal sequence motifs</li> <li>Exploring relationships within our motifs</li> </ul>	<ul> <li>Recap jumping</li> <li>Develop jumping</li> <li>Explore how jumping affects our bodies</li> <li>Explore skipping</li> <li>Apply skipping and jumping into a game</li> <li>Understanding the principles of attack/defence</li> <li>Applying attacking/defending principles into a game</li> <li>Consolidate attacking/defending</li> </ul>	<ul> <li>Introduce and explore agility</li> <li>Introduce and explore balance</li> <li>Introduce and explore coordination: Bouncing, rolling and throwing</li> <li>Sports Day Practice</li> <li>Running</li> <li>Changing direction</li> <li>Following instructions, taking turns</li> <li>Carrying objects whilst moving</li> <li>Sportsmanship and celebrating others</li> <li>Tackling obstacles of different heights and levels</li> <li>Skipping whilst moving.</li> </ul>

Linking two     movements     together			